

STAY STRONG: Physical Well-Being HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



WATCH THIS:

Dr. Wendy Suzuki <u>talks about how exercise</u> transformed her life and her research about the interconnection between physical activity and peak brain functioning, 6:28 mins.

READ THIS:

Deborah Grayson Riegel (2021). <u>Don't Underestimate the Power of a</u> Walk. Harvard Business Review.

DO THIS:

The 4-7-8 Breathing Exercise (Yep, Breathing!). The way you breathe may be making you anxious. Try out the stress-calming 4-7-8 Breathing Exercise Activity Guide, and post about your experience using the hashtag #WellbeingWeekInLaw.

"Excercise is the key not only to physical health but to peace of mind." - Nelson Mandela